

5           SHOULDER BELT HEIGHT ADJUSTER ASSEMBLY AND METHOD

ABSTRACT OF THE INVENTION

10           The invention provides a shoulder belt height adjuster assembly and a method of adjusting the same. The assembly includes a guide rail, a slide, and a biasing member. The guide rail includes a plurality of fixed rail teeth disposed along at least one longitudinal portion. The slide includes an aperture formed therein for slidably receiving the guide rail along the longitudinal portion. The slide further includes a plurality of  
15   fixed slide teeth disposed on an interior slide surface. The biasing member is operably attached to the slide aperture for selectively engaging at least one of the fixed slide teeth into at least one of the fixed rail teeth. The engagement prevents slidable movement of the slide relative to the guide rail in a downward direction. The method includes selectively preventing sliding movement of a slide relative to a guide rail, sliding the slide  
20   in an upward direction by applying an upward force, and sliding the slide in a downward direction by applying a pressing force and a downward force.